

Work Clothes and Safety



"Clothes -To -Die- For". How many times have we heard that phrase? But it takes on a bit of a different meaning when we apply the heading of safety to it. How many times has it occurred to you that your clothes may cause you to be injured?

- The fact is that the clothes you wear to the job site can affect your safety.
- Pants too long can trip you up.
- Long sleeves rolled up can catch in machinery.
- Watch your shoes. Make sure they are in good condition and are suited for the job you are doing.
- In cold weather, rubber or insulated boots should be worn with woolen inner boots or heavy woolen socks. Never work in wet boots or shoes.
- Keep your clothes clean. Clothes that are dusty and greasy can cause skin irritations. Clothes that are soaked with oil and grease can catch fire from a spark or cigarette.

- For keeping warm, wool is about the best. Two layers of lightweight wool are warmer than one very heavy layer. Wool absorbs perspiration but if it gets soaked the best thing to do if you can't change clothes is to keep moving.

- In cold weather, if you need leather gloves for protection, wear wool-lined leather or wool gloves inside the leather ones.

- Remember that the clothes you are wearing don't create heat; they retain the heat of your body. Make sure that your gloves, shoes, collars and belts are loose enough to allow for circulation.

I am sure you have heard the phrase, "Dressing for Success". I guess that might be true in many cases but when it comes to personal protection let's start a new phrase "Dressing for Safety". Wear work clothes that are suited for the job and conditions.

Research your topic to answer simple questions that help you focus on **SAFETY HAZARDS/ACTIONS** and **steps** for getting your safety meeting off on the right foot!

Safety Meeting Purposes:

List at least two **hazards** that put you and others at risk from prior activities and work practices. **Discuss:**

- ✓ What hazards or issues cause the most injuries and/or accidents in your workplace?
- ✓ How do hazards affect you and co-workers?
- ✓ Why do shortcuts lead to injuries and/or accidents?

List what **actions** are needed to avoid such hazards, using improved steps to keep your workplace safe. **Discuss:**

- ✓ How can hazards be avoided or eliminated?
- ✓ What safety specifics and precautions should be taken to prevent future injuries and/or accidents in your workplace?

Safety Meeting Resources

<http://www.webworldinc.com/wes-con/safety2.html-ssi>

<http://www.transportation.nebraska.gov/intranet/hrintra/training>